



Washington County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Washington County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Washington County School System that includes:

- School Health Advisory Committee
- Fifteen Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, and the medication policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$216,710.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Mountain States Health Alliance | ➤ Shoe Carnival |
| ➤ Curves of Jonesborough | ➤ Food City |
| ➤ Herald and Tribune | ➤ Second Harvest Food Bank |
| ➤ WJHL | ➤ University School |
| ➤ Washington County Health Department | ➤ WCQR Radio |
| ➤ Northeast Regional Health Office | ➤ The Mall at Johnson City |
| ➤ Washington County Health Council | ➤ Johnson City United Way |
| ➤ Rural Health Association of Tennessee | ➤ Walmart |
| ➤ Tennessee School Health Coalition | ➤ Pepsi |
| ➤ East Tennessee State University | ➤ Electric 94.9 Radio |
| ➤ Tar Wars | ➤ The Elks Club of Jonesborough |
| ➤ Prevent Blindness of Tennessee | ➤ WCDE HOSA students |
| ➤ JCPenney | ➤ WellChild |
| | ➤ American Red Cross |
| | ➤ American Heart Association |
| | ➤ Washington County UT Extension Office |
| | ➤ Earthfare |
| | ➤ Fit Kids |
| | ➤ National Dairy Council |
| | ➤ United Healthcare |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as student health screenings and healthy school teams. Since 2007, approximately 200 parents have collaborated with CSH.

Students have been engaged in CSH activities such as serving on healthy school teams, school health advisory councils, health fairs and other peer health activities. Approximately 300 students have partnered with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Washington County School System, several school health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2,770 students screened with 1, 437 referrals made in the 2010-2011 school year (NOTE: each student may have had more than one referral, such as a BMI referral and a vision referral.) Since 2007, 11,582 students have received a health screenings from CSH. Of those, 5,848 health referrals have been made;

Students have been seen by a school nurse and returned to class – 30,108 students have visited a school clinic for the 2010-2011 school year and returned 26, 259 students back to class. This gives our school system an 87% return to class rate. In 2004, only 18, 293 students were seen by a school nurse. And since 2004, Washington County Schools has increased its return to class rates from 82% to 87%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Currently, 42% of Washington County students are either at-risk for being overweight or are already overweight. However, since the 2007-2008 school year, 5 schools have decreased their at-risk/overweight percentages;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education/fitness items, educational materials, and playground equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Take 10! trainings, Growing Healthy training, and Fitnessgram training;

School faculty and staff have received support for their own well-being through providing nurses at each school for health counseling, nurse practitioners at 3 school locations, blood pressure and BMI screenings, weight loss programs, and discounts to local fitness centers.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Take 10!, Growing Healthy, American Red Cross Scrubby Bear, Let's Learn About Germs, American Heart Association CPR/AED training for staff and students, Child Health Week participation and activities;
- Physical Education/Physical Activity Interventions – 90 minutes of physical activity in every school, school field days and health fairs
- Nutrition Interventions – partnered with UT Extension Office to offer nutrition programs within the schools and healthy newsletters for parents
- Mental Health/Behavioral Health Interventions – Frontier Health counselors within middle and high schools, guidance counselors available in all schools, and school nurses in all K-8 schools to address daily concerns of students

In such a short time, CSH in the Washington County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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